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Fit-N-Healthy Business Sharing Forum set

Businesses within Riverside, San Bernardino and Inyo counties will receive instruction and resources for implementing worksite wellness programs tailored to meet the specific needs of their organization during the Fit-N-Healthy Business Sharing Forum Wednesday in Riverside.

The Desert Sierra Health Network, in partnership with local health agencies such as the Riverside Community Health Foundation and the American Cancer Society Border Sierra Region, plan to hold the forum from 7:45am to 12:30pm at the Riverside Community Health Foundation, 4445 Magnolia Ave, Suite A.

Californians spend a lot of their waking hours on the job and achieving healthy eating habits and reaching physical activity goals is nearly impossible without addressing these issues at work, according to a news release.

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